

Friendship Toolkit

Monash Education

www.moned.net

My Personality Scale Directions

Your personality is your usual style of behaving and reacting emotionally. It develops as a result of a combination of traits you inherit and the experiences you have while growing up. Your friends have different types of personalities, some very similar to yours and some quite different. The more you understand your own personality and the personality of your friends, the better your friendships will become because you will accept one another's differences.

The Friendship Personality Scale contains two different assessments. The first is for you to complete about yourself. The second is for you to complete about a friend who is most different from you. The scales contain a series of words that describe various personality traits that may or may not be applicable. Read each of the words listed on the first scale and circle the words that describe you. Then, on the next scale, circle the words that describe the friend most different from you. If a word does not apply, do not circle the word, simply move to the next word.

In the example below, the participant circled: genuine, stable, natural, athletic, practical and outdoorsy. Remember, you may circle as many as apply to you, or you may circle none of the items if none of them apply.

This is not a test and there are no right or wrong answers. Take your time responding, but be sure to read each word listed. Circle only the words that apply to you. Your initial response will likely be the most true for you.

My Personality Scale

I consider MYSELF to be (circle all that apply):

Conforming	Humble	Athletic	Frank
Useful	Persistent	Genuine	Sensible
Practical	Hard-headed	Natural	Shy
Honest	Mechanical	Outdoorsy	Stable
Self-reliant	Physical		

R TOTAL =

I consider MYSELF to be (circle all that apply):

Analytical	Logical	Reserved	Cautious
Methodical	Resourceful	Complex	Modest
Scholarly	Curious	Pessimistic	Scientific
Intellectual	Precise	Self-controlled	Introverted
Questioning	Systematic		

I TOTAL =

I consider MYSELF to be (circle all that apply):

Complicated	Imaginative	Creative	Individualistic
Innovative	Intuitive	Emotional	Impulsive
Nonconforming	Expressive	Independent	Open
Idealistic	Artsy	Original	Uncontrolled
Daydreamy	Unstructured		

A TOTAL = _____

I consider MYSELF to be (circle all that apply):

Convincing	Humorous	Sociable	Cooperative
------------	----------	----------	-------------

Kind	Friendly	Emotional	Patient
Tactful	Generous	Responsible	Understanding
Helpful	Caring	Warm	Humanistic
People-oriented	Cheerful		

S TOTAL =

I consider MYSELF to be (circle all that apply):

Inquisitive	Domineering	Optimistic	Adventurous
Energetic	Assertive	Bold	Extroverted
Popular	Ambitious	Impulsive	Self-confident
Attention-getting	Persuasive	Sociable	Aggressive
Charismatic	Goal-driven		

E TOTAL =

I consider MYSELF to be (circle all that apply):

Conforming	Inhibited	Persistent	Conscientious
Self-Disciplined	Practical	Careful	Orderly
Thrifty	Efficient	Unimaginative	Reserved
Structured	Precise	Organized	Scheduled
Dependable	Self-controlled		

T TOTAL = _____

My Personality Scale Scoring

Count the total number of items you circled for each section. Put that number on the line marked TOTAL at the bottom of each of section and then transfer your totals to the spaces below:

_____ = R (Realistic)

_____ = I (Investigative)

_____ = A (Artistic)

_____ = S (Social)

_____ = E (Enterprising)

_____ = T (Traditional)

Profile Interpretation

Score	Indications
0-5	You probably do not possess many of the characteristics of this personality type.
6-12	You probably possess some of the characteristics of this personality type.
13-18	You probably possess many of the characteristics of this personality type.

Generally the higher your score, the more characteristics you share with others of that personality

type. Identify the scale on which you scored the highest. This is your primary personality type. Read about your personality type(s) as well as all of the other types in the descriptions that follow. You and your friends are probably a combination of personalities, depending on your different roles. Complete the questions at the bottom of the descriptions.

Scale Description for a Realistic Personality

People scoring high on the Realistic Scale tend to be realistic about themselves and their friendships. They tend to be reliable friends. When they say they will do something, they will honour their commitments. They focus on the day-to-day business of living their lives and enjoy doing favours for their friends and being supportive. They enjoy working outside on activities or activities with machines rather than with people. They usually are not too interested in indoor social activities, and would much rather be outdoors. Realistic personalities enjoy trying to make things grow and prosper. They are primarily interested in practical, earthy matters, granting them the ability to develop the things they feel are most worthy. They tend to have a no-nonsense approach to life and to their friendships. They tend to “say it like it is.” Realistic personalities are not always interested in getting rich or famous. They enjoy accomplishing things, but enjoy the process of simply getting things done. They are rarely interested in generating ideas, being innovative, or in trying to understand complex formulas. Rather they enjoy things that are easy to experience and that they can feel, taste, hear, and smell. Realistic personalities seek stability and security in their friendships. They are reliable, stubborn, down-to-earth, independent and true to their word.

In what ways does this describe you?

In what ways does this description not fit you?

Scale Description for an Investigative Personality

People scoring high on the Investigative Scale enjoy activities in which they can be stimulated intellectually. They are bright and curious, and tend to be lifelong students. They are very inquisitive and driven by the desire to research and learn new things and search for answers to life's mysteries. They are often perceived as being scholarly, analytic, critical, introspective and methodical. Investigative personalities tend to live in the world of ideas and concepts and sometimes lose sight of the importance of friendships. They enjoy talking about their ideas with others, but they can find it difficult to become fully engaged with other people. This communication problem can cause arguments in some friendships. They generally enjoy leisure activities like reading books and going to concerts, reading about and using new technology, school and lectures. Investigative personalities are most comfortable thinking rather than feeling or acting. They are always searching for information that they can use to their advantage. They do not get bogged down in details but usually look at the big picture. For the Investigative personality, understanding why people do things in life is just as much fun as living it. Investigative personalities tend to be quiet and thoughtful, and enjoy spending a lot of time alone. This can cause conflict in some relationships when friends (who have different personality types) find it hard to understand why Investigative personality types need time by themselves to recharge their batteries.

In what ways does this describe you?

In what ways does this description not fit you?

Scale Description for an Artistic Personality

People scoring high on the Artistic Scale tend to see life and friendships from a holistic point of view so that they are always looking at the big picture. They avoid highly structured situations in which they cannot be spontaneous. They are creative and love to work on creative projects. Artistic personalities are able to create beautiful pictures in their mind and then make those pictures a reality through such activities as writing, singing, drawing, sculpting and acting. They always look for new interests and often have difficulty staying with tasks to completion, making them long on vision and a little short on action. Artistic personalities want to make the world a better and different place through their creative accomplishments. This is expressed through activities such as: music, dance, acting, theatre, writing, entertaining, and art in any form. Nearly everything they do is a search for a way to express their uniqueness and individuality. They have a very highly developed artistic sense and often do not care if other people think they are different or unique. Artistic personalities tend to be shy and introverted, and thus are not usually comfortable in large groups of people, even with friends. They find that many adults in their life try to restrict their individuality and creativity. They tend to create alone, working tirelessly to see their accomplishments come alive.

In what ways does this describe you?

In what ways does this description not fit you?

Scale Description for a Social Personality

People who score high on the Social Scale love to be with other people and are good at picking up on their friends' moods and feelings. They like to help and support their friends when a problem arises because they have a strong concern for the welfare of others. They enjoy giving friends their time and understanding. They are compassionate and nurturing. Social personalities are interested in and working in their community in jobs like counselling, teaching or some type of helping position. They prefer to deal with people rather than with ideas or things. They value the supportive and emotional rewards they receive from their friends. They are willing and eager to learn about themselves and work on improving their relationships with their friends. Social personalities often invest a lot of effort, emotion, and enthusiasm in their friendships, but sometimes more than their friends need or want. While their life and their friendships tend to be practical in nature, they are often helping and social in nature. Other people often view them as being naïve or unrealistic. Social personalities are determined to stick to their principles, and they strive to find friends who have similar values. They are very thoughtful and emotional, but are equally capable of taking quick and decisive action when their friends are in need. They value friends who are honest and authentic.

In what ways does this describe you?

In what ways does this description not fit you?

Scale Description for an Enterprising Personality

People who score high on the Enterprising Scale like to take the lead and like to be assertive in their friendship. They like to have the power and status that comes with being in charge. They strive to be the best at what they do and the first to do it. They are confident and determined and have natural leadership abilities; in many cases they just prefer to get things done themselves. They are also highly persuasive and charismatic in their friendships. Enterprising personalities prefer to be in charge. They make decisions quickly whether others like it or not. They understand power and the impact that it can have on their life and the lives of their friends. They also have a gift for bringing out the strengths of their friends. They tend to understand and appreciate the power of money, and strive to attain it, control it, and put it to good use. Enterprising personalities are usually eager to take on new projects and challenges. Their confidence and determination makes “all things possible,” and allows them to get the support of other people around them. They are always looking for ways that their friends can be better off. Perhaps more than any other personality, they envision and plan for success.

In what ways does this describe you?

In what ways does this description not fit you?

Scale Description for a Traditional Personality

People who score high on the Traditional Scale tend to be neat, organized, and always under control in their friendships. They are able to concentrate on the task at hand and are excellent with details.

They are organized to the point of sometimes being inflexible and stubborn, and they prefer to follow strict guidelines. They often get stuck on a concept, idea or plan, and have a hard time breaking habits. Traditional personalities often prefer activities that involve data and information rather than people or ideas. They pay great attention to details and are often counted on for their dependability and reliability in a relationship. They are practical, hardworking, and traditional, and they enjoy solving problems provided there is a set procedure to follow. They make excellent day-to-day managers, though they prefer to run and organize their friendships from behind the scenes.

Traditional personalities truly value success and happiness in a relationship and will do everything in their power to ensure that success. They are conscientious, stable, thorough, conservative, enjoy life when everything runs according to their plans. Their planning can become obsessive and can cause problems in some friendships.

In what ways does this describe you?

In what ways does this description not fit you?